



Event Recorder

An Event Recorder is a test that measures your heart's rhythm as you go through your daily activities, including sleep. The test is usually ordered to evaluate heart rate, irregular heartbeat or heart rhythm abnormalities. The test is done for an extended period of time usually between 14 and 30 days depending on what your physician has ordered. It monitors patients 24 hours a day via the small sensor and monitor the patient wears as they continue with their normal daily routine. As events occur, patient activity is automatically transmitted to the Monitoring Center for analysis and response.

WHAT DO I NEED TO KNOW?

- There are no medications or diet restrictions for this test. If you are on medication, you should take it at the regular scheduled time. You may also follow your regular diet.
- You will receive a call to arrange delivery of your monitoring equipment, and to schedule a hook-up call.
- Upon receipt of your equipment, you should follow the instructions included with the equipment prior to your scheduled hook-up call. A specially trained patient educator will call you at the scheduled time to instruct you on how to use the system.
- You will wear three chest leads attached to a small sensor that detects your heartbeats and wirelessly transmits them to the monitor.
- The monitor analyzes each heartbeat, detects arrhythmias, and automatically sends each event to a monitoring center via the monitor's built-in cellular modem or by using your home telephone connection.
- Certified monitoring technicians assess your events and report results to your doctor. A diagnosis is made and treatment is prescribed when necessary.
- Once you have started monitoring, you can go about your normal daily routine.
- At the conclusion of your monitoring, please follow the instructions included with the monitor to return it. Please don't return it to Cardiovascular Consultants.